

Pregnant Women Currently Breastfeeding (AK 34-USDA 338)

Explain to Participant You're enrolled in the WIC program today because you are currently breastfeeding and are pregnant.

Goal The goal is to try to promote good food choices of high nutritional quality to support and maintain your health and the growth and development of your infant and fetus. A pregnant women currently breastfeeding needs plenty of rest, nourishment, and psychological support to handle the demands on her.

Suggestions for Reducing Risk Follow the recommendations of your health care provider.
See your doctor regularly to monitor your pregnancy and your baby's growth.
Take prenatal vitamins daily and avoid junk food.
Explain the nutrition education material suggested.
Eat a variety of foods from all the food groups every day.
Drink 8 glasses of water every day.

Nutrition Education Material Suggested

Foundation for Fitness...for Your Special Delivery

Explain Applicable WIC Foods

WIC Foods

Nutrients Provided

Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

Explain What the WIC Nutrients Can Do for You!

Calcium Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.

Iron Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.

Vitamin C Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.

Protein Makes up part of every cell in your body. Builds and maintains muscles and other tissues.

Vitamin A Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Nutrition and Breastfeeding-La Leche League